**Personal Counseling Web Resources**

**ONLINE MENTAL HEALTH SCREENING:**[https://www.mentalhealthscreening.org](https://www.mentalhealthscreening.org/)

**EMOTIONAL & PHYSICAL WELNESS**

1. Centers for Disease Control & Prevention [www.cdc.gov](http://www.cdc.gov/)
2. Womenshealth.gov – The Federal Government source for women’s health Information [www.womenshealth.gov](http://www.womenshealth.gov/) Available in Spanish at [www.womenshealth.gov/espanol](http://www.womenshealth.gov/espanol)
3. Men’s health – [www.cdc.gov/men](http://www.cdc.gov/men) Available in Spanish at [www.cdc.gov/spanish/etapas/hombres.html](http://www.cdc.gov/spanish/etapas/hombres.html)
4. American Society for Nutrition: Peer-reviewed nutrition information [www.nutrition.org](http://www.nutrition.org/)
5. The American Institute of Stress: Information/resources about stress-related difficulties & stress management [www.stress.org](http://www.stress.org/)

**ADDICTIVE DIFFICULTIES/COMPULSIVE BEHAVIORS**

**Alcohol and Other Drugs**

1. NIDA - National Institute on Drug Abuse - HealthEffects <http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/health-effects>
2. NCADD – National Council of alcoholism and Drug Dependence, Inc. [www.ncadd.org](http://www.ncadd.org/)
3. Online Intergroup of Alcoholics Anonymous [www.aa-intergroup.org](http://www.aa-intergroup.org/)
4. Prevention Resources, Inc <https://njprevent.com/>

**Eating disorders**

1. Information about Eating-Disorders [www.eating-disorder.org](http://www.eating-disorder.org/)

**Compulsive Gambling**

1. Council on Compulsive Gambling of New Jersey [www.800gambler.org](http://www.800gambler.org/)

**Smoking**

1. QUITNET – A free resource to quit smoking [www.quitnet.com](http://www.quitnet.com/)

**MOOD-RELATED DIFFICULTIES**

**Anxiety & Depression**

1. Information about various forms of anxiety - [www.adaa.org/understanding-anxiety](http://www.adaa.org/understanding-anxiety)
2. Information about all forms of depression – [www.nimh.nih.gov/health/publications/depression/](http://www.nimh.nih.gov/health/publications/depression/)

**Grief & Loss**

1. Internet community of/for people dealing with grief, death & loss [www.griefnet.org](http://www.griefnet.org/)
2. Somerset county bereavement groups can be found at [www.griefspeaks.com/id74.html](http://www.griefspeaks.com/id74.html)
3. Hunterdon county bereavement groups can be found at [www.griefspeaks.com/id45.html](http://www.griefspeaks.com/id45.html)

**LOCAL RESOURCES**

1. Court Information (Somerset, Hunterdon & Warren Counties) [www.judiciary.state.nj.us/somerset/index.htm](http://www.judiciary.state.nj.us/somerset/index.htm)
2. Legal Services & Information [www.LSNJLAW.ORG](http://www.lsnjlaw.org/)
3. Support for Military Families [www.somersetmilitaryfamilysupportgroup.org/home](http://www.somersetmilitaryfamilysupportgroup.org/home)

**SOMERSET COUNTY RESOURCES**

1. Somerset County Prosecutor’s Office [www.scpo.net/](http://www.scpo.net/)
2. Somerset County Board of Social Services [www.socialservices.co.somerset.nj.us/](http://www.socialservices.co.somerset.nj.us/)
3. Somerset County Domestic Violence Services [www.resourcecenterofsomerset.org/](http://www.resourcecenterofsomerset.org/)
4. Somerset County Financial Assistance, including Food Banks & Pantries [www.needhelppayingbills.com/html/somerset\_county\_food\_banks.html](http://www.needhelppayingbills.com/html/somerset_county_food_banks.html)

**HUNTERDON COUNTY RESOURCES**

1. Hunterdon County Prosecutor’s Office [www.co.hunterdon.nj.us/prosecutor/index.html](http://www.co.hunterdon.nj.us/prosecutor/index.html)
2. Hunterdon County Board of Social Services [www.co.hunterdon.nj.us/depts/social/socserv.htm](http://www.co.hunterdon.nj.us/depts/social/socserv.htm)
3. Hunterdon County Domestic Violence Services
4. Hunterdon County Food Banks/Pantries [www.flemafp.com](http://www.flemafp.com/)

**HOMELESSNESS PREVENTION**

Somerset County:

1. Catholic Charities, Somerville, 908-864-4061 One time assistance with security deposit and/or rental assistance.
2. Homeless Veterans Treatment Programs, Lyons VA Hospital, Lyons – 888-725-3000
3. Home Sharing, Bridgewater – 908-526-4663 Housing provided to persons seeking affordable housing by persons needing to share their home or apartment.
4. Interfaith Hospitality Network, Somerville, 908-704-1920 Temporary housing and links to community services for homeless families – social service agency referral is needed.
5. Resource Center of Somerset (formerly Resource Center for Women and Their Families), Hillsborough, 866-685-1122 Immediate temporary housing and supportive services for male and female domestic abuse victims; self-referral.
6. Salvation Army, Bound Brook, 732-748-1146 One time assistance with housing and housing related costs.
7. Somerset County Board of Social Services Somerville office – 908-526-8800 Somerset office – 732-846-6499 North Plainfield office – 908-561-9400 Emergency housing and temporary rental assistance for eligible families.

Hunterdon County:

1. Catholic Charities, Flemington, 908-782-7905 One time assistance with security and/or rental assistance.
2. Family Promise of Hunterdon (formerly Interfaith Hospitality Network), Flemington, 908-782-2490 Temporary housing and links to community services for homeless families – social service agency referral is required.
3. Home Sharing, Bridgewater, 908-526-4663 Housing provided to persons seeking affordable housing by persons needing to share their home or apartment.
4. Hunterdon County board of Social Services, Flemington, 908-788-1300 Emergency housing and temporary rental assistance for eligible families.
5. Salvation Army, Flemington, 908-237-9008 One time assistance with housing and housing related costs.

**FOOD PANTRIES**

Somerset County:

1. Food Bank Network- Located at: 9 Easy Street in Bound Brook: (732) 560-1813
2. Franklin Township Food Bank- 60 Millstone Road Somerset, NJ 08873: (732) 246-0009
3. Hillsborough Food Pantry: (908) 369-3880

Hunterdon County

1. 154 Rt. 31, Flemington (across the parking lot from Wal-Mart): (908) 788-5568
2. Fisherman’s Mark, Lambertville: (609) 397-0194
3. Frenchtown Presbyterian Church: (908) 996-2227

**In the event of a weather emergency, ...**

**To find out if a Red Cross shelter operating in your community, call 1-800-RED-CROSS or check online at**[**http://app.redcross.org/nss-app/**](http://app.redcross.org/nss-app/)

**New Jersey Disaster Mental Health Helpline is (877) 294-HELP (4357) or the TTY line for deaf and hard of hearing is 877-294-4356.**

**Support for Mental Health Consumers:MHANJ's Peer Recovery WarmLine may be reached by calling(877)292-5588. This is a professional program through which trained peer specialists provide ongoing telephone support to mental health consumers. This type of assistance may be especially helpful to people who have mental health problems who may feel particularly anxious or who may be displaced.**

**COPING WITH TRAUMATIC EVENTS**

1. Coping With a Traumatic Event <http://emergency.cdc.gov/masscasualties/copingpub.asp>

**SUPPORT/SELF-HELP**

1. NJ Self Help Clearing House: Support Groups [www.njgroups.org](http://www.njgroups.org/)
2. American Psychological Association’s Help Center <http://apahelpcenter.org/>
3. Education, Resources, and Advocacy for Victims/Survivors of Sexual Assault [www.rainn.org/](http://www.rainn.org/)
4. LGBTQ+ Support in NJ [www.pridecenter.org/groups/](http://www.pridecenter.org/groups/)
5. Crisis Intervention and Suicide Prevention for LGBTQ+ Youth [www.thetrevorproject.org](http://www.thetrevorproject.org/)